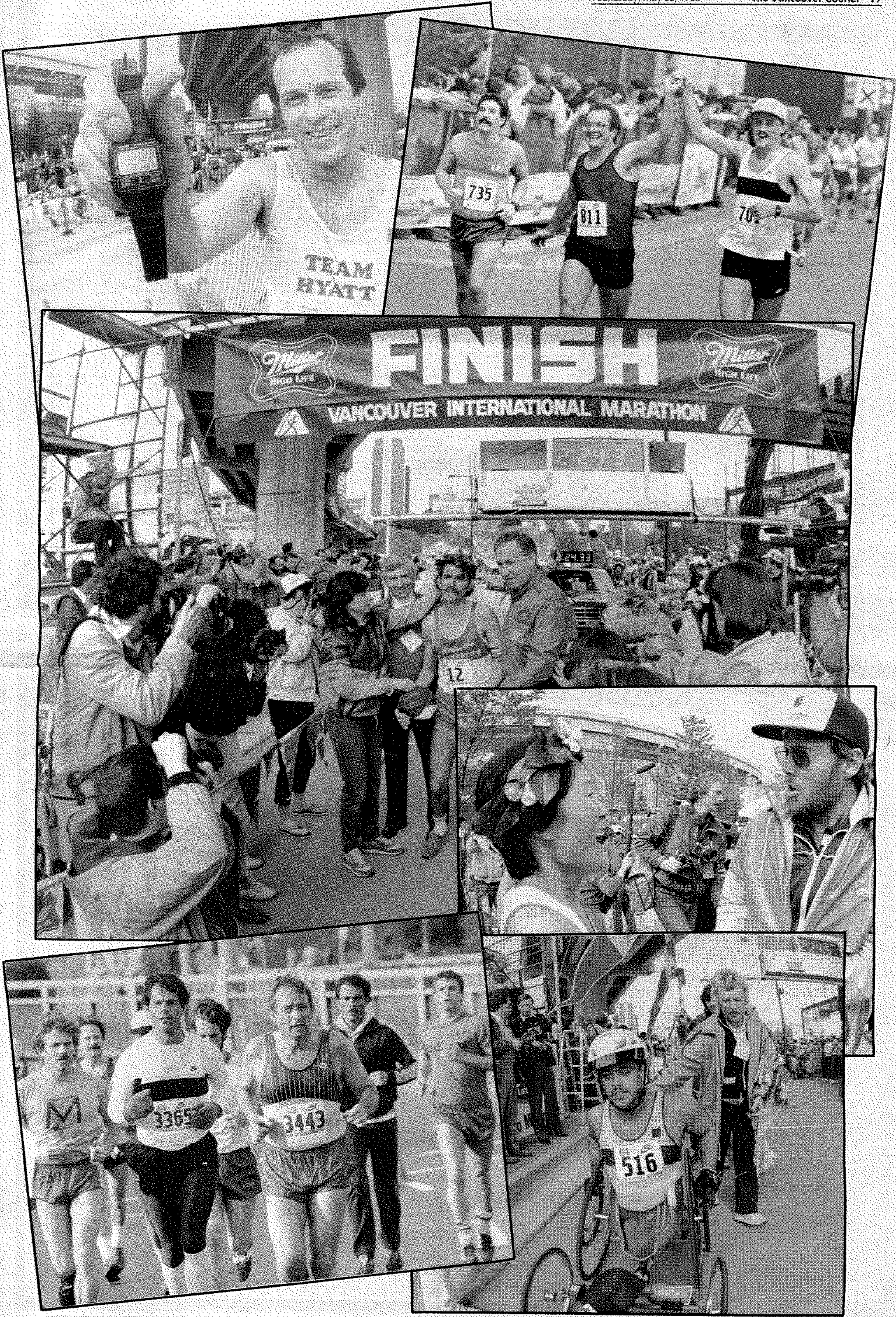




HOW THEY FINISHED

1	Wellington, A.	2:24:24.0	OM	1	58	Harris, Graham	2:47:00.0	MM	9	115	Hambling, Neil	2:55:41.0	OM	93	172	Hill, Bob	3:00:39.0	OM	131
2	Tamura, R.	2:27:07.0	OM	2	59	Shusterman, T.	2:47:33.0	OM	49	116	Bare, Bruce	2:55:41.0	MM	18	173	Johnson, T.	3:00:45.0	OM	132
3	Whiteley, Chris	2:28:07.0	OM	3	60	Wilson, Frederic	2:47:56.0	OM	50	117	Pals, Lou	2:55:42.0	MM	19	174	Baylis, Reg	3:00:52.0	OM	133
4	Tsukamoto, Toru	2:29:29.0	OM	4	61	Toma, Michael	2:48:29.0	OM	51	118	Ormesher, J.	2:55:44.0	MM	20	175	Fall, Garry	3:01:01.0	OM	134
5	Bell, Ken	2:30:14.0	OM	5	62	Ungeran Lloyd	2:48:32.0	OM	52	119	Dickinson, Robin	2:55:53.0	OM	94	176	Kasper, Arlene	3:01:04.0	MW	1
6	Fahy, Eoin	2:32:11.0	OM	6	63	Everard, Ron	2:48:35.0	OM	53	120	Ede, William	2:55:58.0	OM	95	177	Brown, Michael	3:01:11.0	OM	135
7	Pomaizi, Vlad	2:32:34.0	OM	7	64	Crawford, Phil	2:48:41.0	MM	10	121	Morgan, Charles	2:55:59.0	MM	21	178	Reid, John	3:01:13.0	OM	136
8	Parry, Rick	2:33:15.0	OM	8	65	Ruske, Grant	2:48:43.0	MM	11	122	Appleton, Chris	2:56:05.0	OM	96	179	Forester, C.	3:01:34.0	MM	35
9	Bjornson, Barry	2:33:57.0	OM	9	66	Saunders, G.	2:49:00.0	MM	12	123	Kornder, David	2:56:06.0	OM	97	180	Sapala, Trevor	3:01:40.0	OM	137
10	Scholtens, John	2:34:20.0	OM	10	67	Trotman, Ian	2:49:02.0	OM	54	124	Giborski, Gord	2:56:08.0	OM	98	181	Bruce, Alex	3:01:59.0	OM	138
11	Lawrence, David	2:34:30.0	OM	11	68	Holmes, Stephen	2:49:06.0	OM	55	125	Coventry, Dave	2:56:10.0	MM	22	182	Murray, Neil	3:02:01.0	OM	139
12	Purcell, David	2:35:24.0	OM	12	69	Neufeld, Glenn	2:49:10.0	OM	56	126	Pollhammer, P.	2:56:15.0	MM	23	183	Hamson, Bert	3:02:07.0	OM	140
13	Connon, Brian	2:36:37.0	OM	13	70	Meycalfe, Todd	2:49:12.0	OM	57	127	Johansen, Kaj	2:56:22.0	MM	24	184	Fuller, Sandra	3:02:08.0	OW	3
14	Chiba, Masato	2:36:47.0	OM	14	71	Piccirillo, Lee	2:49:21.0	OM	58	128	Ashbaugh, Will	2:56:22.0	OM	99	185	Fletcher, David	3:02:15.0	OM	141
15	Chorney, Lyn	2:36:54.0	OM	15	72	Watkin, Paul	2:49:36.0	OM	59	129	Manzo, Terrence	2:56:25.0	OM	100	186	Coulson, Wayne	3:02:16.0	OM	142
16	Kasischke, D.	2:37:55.0	OM	16	73	Whillans, Barry	2:50:27.0	OM	60	130	Pike, William	2:56:29.0	OM	101	187	Bricker, Gene	3:02:17.0	MM	36
17	Smith, Geoff	2:38:03.0	OM	17	74	Pickering, H.	2:50:36.0	OM	61	131	Walker, Susanne	2:56:41.0	OW	2	188	Jones, Gordon	3:02:19.0	OM	143
18	Jones, Kerry	2:38:39.0	OM	18	75	Stewart, Ron	2:51:06.0	OM	62	132	Wiebe, Wayne	2:56:46.0	OM	102	189	Pepper, Lance	3:02:20.0	OM	144
19	O'Hara, Austin	2:38:45.0	OM	19	76	Parry, Owen	2:51:21.0	OM	63	133	McIntosh, Robert	2:56:47.0	OM	103	190	Sadgrove, Roy	3:02:25.0	50M	3
20	Barber, Rob	2:38:58.0	OM	20	77	Anderson, Bob	2:51:31.0	OM	64	134	Nelson, John Jr.	2:57:00.0	JM	3	191	Maruk, Shannon	3:02:25.0	OW	4
21	Henry, Paul	2:39:03.0	OM	21	78	Gagnon, Denis	2:51:38.0	OM	65	135	Katerberg, John	2:57:11.0	OM	104	192	Elmirt, Garry	3:02:28.0	MM	37
22	Tully, Ken	2:39:10.0	OM	22	79	Parker, George	2:52:02.0	OM	66	136	Wheeler, Bill	2:57:24.0	OM	105	193	Devto, Joseph	3:02:32.0	OM	145
23	Brownsey, Roger	2:39:28.0	OM	23	80	Willies, Gordon	2:52:03.0	MM	13	137	Gardner, Robert	2:57:42.0	OM	106	194	Richards, Dave	3:02:43.0	OM	148
24	Nielsen, Bent	2:39:48.0	OM	24	81	Reid, Robert	2:52:09.0	OM	67	138	Linsmeyer, Fred	2:58:03.0	MM	25	195	Matthias, Roy	3:02:49.0	OM	147
25	Cameron, Gavin	2:40:05.0	OM	25	82	Patterson, Barry	2:52:18.0	MM	14	139	Greenfield, D.	2:58:05.0	OM	107	196	McKenzie, John	3:02:51.0	MM	38
26	Jongedijk, Tony	2:40:09.0	MM	1	83	Conrad, Jon	2:52:29.0	OM	68	140	Van de Wint, G.	2:58:22.0	MM	26	197	Neary, Patrick	3:02:55.0	OM	148
27	Withers, Fred	2:41:12.0	OM	26	84	Miller, Ron	2:52:38.0	OM	69	141	Lacey, Gordon	2:58:27.0	MM	27	198	Geri, Sharon	3:02:56.0	MW	2
28	Price, Neville	2:41:28.0	OM	27	85	Reisenleiter, H.	2:52:38.0	OM	70	142	Krebs, Dennis	2:58:31.0	MM	28	199	Marbett, Robert	3:03:00.0	OM	149
29	Ellis, Michael	2:41:43.0	MM	2	86	Dutil, Guy	2:52:56.0	OM	71	143	Stevens, Murray	2:58:37.0	OM	108	200	Debeck, Eric	3:03:01.0	OM	150
30	Phillips, Herb	2:42:06.0	MM	3	87	Rayewski, Frank	2:53:04.0	OM	72	144	Kennelly, B.	2:58:41.0	OM	109	201	Blair, Bill	3:03:06.0	MM	39
31	Currie, John	2:42:22.0	OM	28	88	Bennett, John	2:53:06.0	OM	73	145	Jarvis, Terry	2:58:43.0	OM	110	202	Lantela, Ollie	3:03:07.0	OM	151
32	Graham, Robert	2:42:35.0	OM	29	89	Binder, Rick	2:53:26.0	OM	74	146	Haigh, Andrew	2:58:47.0	OM	111	203	Fast, Henry	3:03:10.0	50M	4
33	Fenz, Hans	2:42:51.0	MM	4	90	Miao, Tian Z.	2:53:32.0	OM	75	147	Devlin, John	2:58:47.0	OM	112	204	Zosiak, David	3:03:26.0	OM	152
34	Browne, Douglas	2:43:01.0	MM	5	91	Eddie, Robert	2:53:35.0	50M	1	148	Guenther, Eldon	2:58:51.0	OM	113	205	Woodman, Bob	3:03:28.0	OM	153
35	Shorter, Mark	2:43:06.0	OM	30	92	Butler, Paul	2:54:16.0	JM	2	149	Higgins, Jim	2:59:04.0	OM	114	206	Foster, Michael	3:03:32.0	OM	154
36	Nicklin, Bob	2:43:08.0	OM	31	93	Withers, Stephen	2:54:23.0	OM	76	150	Olson, Thomas	2:59:05.0	MM	29	207	Smith, Terry	3:03:35.0	OM	155
37	Piper, Scott	2:43:18.0	MM	6	94	Keene, Thomas	2:54:29.0	OM	77	151	McKelvey, Pat	2:59:07.0	OM	115	208	McKinnon, J.	3:03:38.0	OM	156
38	Purdon, Frank	2:43:25.0	OM	32	95	Ireland, Charles	2:54:39.0	MM	15	152	Pickavance, Guy	2:59:08.0	MM	30	209	Kramer, Wilfried	3:03:42.0	MM	40
39	Weston, Stephen	2:43:43.0	OM	33	96	Kercher, Rob	2:54:41.0	OM	78	153	Gaertner, David	2:59:13.0	OM	116	210	Ellison, Jerome	3:03:46.0	OM	157
40	Wilson, George	2:44:00.0	OM	34	97	Boychuk, Tom	2:54:43.0	MM	16	154	Schwab, Gerry	2:59:28.0	OM	117	211	Williams, Steve	3:03:46.0	OM	158
41	Conway, Peter	2:44:16.0	OM	35	98	Allan, John	2:54:50.0	OM	79	155	Moreau, David	2:59:37.0	OM	118	212	Letinsky, Laura	3:03:48.0	OW	5
42	Sato, Kazuya	2:45:09.0	OM	36	99	McKinnon, Bill	2:54:55.0	OM	80	156	O'Laughlin, John	2:59:38.0	OM	119	213	Gleaves, Cathy	3:03:49.0	OW	6
43	Harris, David	2:45:25.0	OM	37	100	Webster, Lary	2:54:58.0	50M	2	157	Villeneuve, R.	2:59:49.0	OM	120	214	Barker, John	3:03:59.0	OM	159
44	Howell, R.	2:45:36.0	OM	38	101	Beddows, Al	2:55:00.0	OM	81	158	Zowada, Larry	2:59:51.0	OM	121	215	Zapisocky, Wm.	3:04:03.0	OM	160
45	Smith, Robert	2:45:41.0	MM	7	102	Ireland, Richard	2:55:02.0	OM	82	159	Paproski, Patrick	3:00:01.0	OM	122	216	Mallory, Brian	3:04:08.0	MM	41
46	Reimer, Phil	2:45:42.0	OM	39	103	McCashin, Brian	2:55:06.0	OM	83	160	Anderton, Ross	3:00:05.0	MM	31	217	Strobl, Linda	3:04:10.0	MW	3
47	Francis, Doug	2:45:42.0	OM	40	104	Dixon, Tom	2:55:12.0	OM	84	161	Hall, Kelly	3:00:07.0	OM	123	218	Uslar, Henning	3:04:16.0	OM	161
48	Stock, John	2:45:56.0	OM	41	105	McLachlan, L.	2:55:13.0	OM	85	162	Ryall, Richard	3:00:09.0	OM	124	219	Edwards, Jim	3:04:23.0	OM	162
49	Hayden, Patrick	2:45:59.0	OM	42	106	Mellow, Ian	2:55:22.0	OM	86	163	Thomson, G.	3:00:11.0	OM	125	220	King, Colin	3:04:24.0	OM	163
50	Yan, Junior	2:46:15.0	JM	1	107	Scanlan, John	2:55:22.0	OM	87	164	Smith, Douglas	3:00:12.0	OM	126	221	Law, William	3:04:25.0	OM	164
51	Reid, Brian	2:46:24.0	OM	43	108	Patey, Grenfell	2:55:23.0	OM	88	165	Brennen, Terry	3:00:15.0	MM	32	222	Bucke, Rod	3:04:28.0	OM	165
52	Barnes, Greg	2:46:27.0	OM	44	109	Wilson, Steve	2:55:25.0	OM	89	166	Purdon, Tony	3:00:17.0	OM	127	223	Bush, Thomas	3:04:29.0	OM	166
53	Livingstone, A.	2:46:41.0	OM	45	110	Richardson, Neil	2:55:26.0	OM	90	167	James, Jack	3:00:24.0	MM	33	224	Mah, Bill	3:04:30.0	OM	167
54	Teshima, Y.	2:46:42.0	MM	8	111	Hack, Jack	2:55:27.0	MM	17	168	Reining, Rick	3:00:25.0	OM	128	225	Burns, Andrew	3:04:31.0	OM	168
55	Fujii, George	2:46:43.0	OM	46	112	Keith, Paul	2:55:30.0	OM	91	169	Carr, Robin	3:00:29.0	OM	129	226	Williamson, Ron	3:04:41.0	MM	42
56	DeFraeye, R.	2:46:49.0	OM	47	113	Day, Daniel	2:55:32.0	OM	92	170	Olsen, Len	3:00:32.0	MM	34	227	Ma, Peter	3:04:49.0	OM	169
57	McGee, Michael	2:46:55.0	OM	48	114	Teshima, Kikue	2:55:34.0	OW	1	171	Haukeland, Gary	3:00:34.0	OM	130	228	Jensen, Len	3:04:50.0	OM	170

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The Companies that helped with sponge and aid stations outside their buildings and over 700 volunteers who helped with the race.

DON BASHAM,
Race Director

HOW THEY FINISHED

229	Harper, Larry	3:04:52.0	MM	43	287	Curran, James	3:09:08.0	OM	210	345	Perkins, Robert	3:11:56.0	OM	249	403	Brown, Tom	3:15:35.0	OM	286
230	Pullen, Kim	3:04:53.0	OM	171	288	Scott, Steven	3:09:13.0	OM	211	346	Simpson, Robert	3:11:59.0	OM	250	404	Tarrant, Maurice	3:15:41.0	50M	12
231	Deby, Sandy	3:04:57.0	OW	7	289	Hamilton, Gary	3:09:15.0	OM	212	347	Martin, Howard	3:12:00.0	MM	66	405	Horne, James	3:15:43.0	OM	287
232	Coppens, Hans	3:05:16.0	MM	44	290	Seder, Robert	3:09:18.0	OM	213	348	Klopping, James	3:12:03.0	OM	251	406	Spilsbury, Brent	3:15:46.0	OM	288
233	Taira, Hideyasu	3:05:17.0	OM	172	291	Taylor, James	3:09:20.0	OM	214	349	Imai, Masaya	3:12:09.0	OM	252	407	Rutherford, B	3:15:51.0	OM	289
234	Marshall, Peter	3:05:18.0	OM	173	292	Enkurs, Dennis	3:09:23.0	OM	215	350	Barrow, Gordon	3:12:23.0	60M	1	408	Rockwell, Karen	3:15:58.0	OW	18
235	Bowers, Jack	3:05:23.0	OM	174	293	Wagner, Todd	3:09:26.0	OM	216	351	Baldry, Stan	3:12:27.0	60M	2	409	Aberdeen, Jim	3:16:04.0	OM	290
236	Gallagher, Paul	3:05:27.0	OM	175	294	Hesseltine, Wally	3:09:27.0	MM	53	352	Nicholson, Gerry	3:12:30.0	OM	253	410	Webb, Michael	3:16:12.0	OM	291
237	Bell, Phillip	3:05:30.0	OM	176	295	Sherwin, Jeff	3:09:28.0	MM	54	353	Hietanen, Sverre	3:12:35.0	60M	3	411	Mattison, James	3:16:12.0	OM	292
238	Deverteuil, Paul	3:05:31.0	OM	177	296	Rowles, Gary	3:09:30.0	MM	55	354	MacCarl, Kent	3:12:40.0	OM	254	412	Drysdale, David	3:16:13.0	OM	293
239	Crane, Terrance	3:05:35.0	OM	178	297	Corcoran, A.	3:09:34.0	OM	217	355	Leslie, Rick	3:12:44.0	OM	255	413	Radke, Robert	3:16:15.0	OM	294
240	Walton, Brian	3:05:37.0	OM	179	298	Pelly, Ted	3:09:47.0	OM	218	356	Drewcock, Don	3:12:46.0	OM	256	414	Bockman, R.	3:16:23.0	OM	295
241	Buse, Calvin	3:05:40.0	OM	180	299	Ferguson, R.	3:09:52.0	OM	219	357	Ringstad, N.	3:12:48.0	OM	257	415	Elliott, David	3:16:27.0	MM	75
242	Stebner, Frank	3:05:42.0	OM	181	300	Willis, Warren	3:09:53.0	OM	220	358	Van Leusden, R.	3:12:57.0	MM	67	416	Greenaway, W.	3:16:28.0	60M	4
243	Fraser, Keith	3:05:43.0	OM	182	301	Kittelson, Mary	3:09:57.0	OW	12	359	Parker, Don	3:13:03.0	MM	68	417	Lesage, Luc	3:16:36.0	OM	296
244	Foster, Russ	3:05:44.0	OM	183	302	Williams, Phil	3:09:58.0	OM	221	360	Shore, Richard	3:13:07.0	OM	258	418	Tkachuk, Marco	3:16:39.0	OM	297
245	Parker, George	3:05:48.0	MM	45	303	Williams, Tim	3:09:58.0	MM	56	361	Otto, Larry	3:13:09.0	MM	69	419	Evans, Jim	3:16:43.0	OM	298
246	Day, Dennis	3:05:51.0	OM	184	304	Willmot, Jerry	3:09:59.0	MM	57	362	Exner, Klaus	3:13:09.0	OM	259	420	Cretelli, Kenneth	3:16:44.0	MM	76
247	Maier, Ken	3:05:55.0	OM	185	305	Davidson, Peter	3:10:02.0	OM	222	363	Dennis, Ronald	3:13:11.0	OM	260	421	Kay, Thomas	3:16:45.0	OM	299
248	Groundasammy	3:05:56.0	MM	46	306	McKeever, Doug	3:10:07.0	OM	223	364	Anderson, Clark	3:13:18.0	OM	261	422	Becker, James	3:16:49.0	MM	77
249	Federico, Enzo	3:05:57.0	OM	186	307	Shaw, David	3:10:08.0	OM	224	365	Greenway, M.	3:13:18.0	OM	262	423	Stephens, G.	3:16:53.0	MM	78
250	Morden, John	3:06:01.0	OM	187	308	Hasebe, Ken	3:10:10.0	OM	225	366	Marshall, G.	3:13:20.0	OM	263	424	Stickie, Darwyn	3:16:57.0	OM	300
251	Welch, Ronald	3:06:14.0	50M	5	309	Hunter, Carl	3:10:12.0	MM	58	367	Montgomery, J.	3:13:23.0	JM	4	425	Woodward, Jack	3:16:58.0	MM	79
252	Gislason, Gail	3:06:24.0	OW	8	310	Brown, Kelvin	3:10:13.0	OM	226	368	Kristensen, Russ	3:13:26.0	OM	264	426	Hall, Brent	3:16:59.0	OM	301
253	Thompson, M.	3:06:35.0	OW	9	311	Townsend, A.	3:10:13.0	MM	59	369	Eder, Joe	3:13:28.0	50M	11	427	Widas, Diane	3:17:02.0	OW	19
254	Goodridge, G.	3:06:36.0	OM	188	312	Matheson, G.	3:10:15.0	OM	227	370	Balicki, James	3:13:33.0	OM	265	428	Wind, Eric	3:17:02.0	OM	302
255	Farmer, J.	3:06:42.0	OM	189	313	Thomson, Ian	3:10:24.0	OM	228	371	Unknown	3:13:42.0	OM	266	429	Maines, R.	3:17:04.0	OM	303
256	McGrath, Harry	3:06:44.0	OM	190	314	Galvin, Joe	3:10:28.0	MM	60	372	Crawford, Carole	3:13:46.0	MW	4	430	Woods, Norma	3:17:07.0	OW	20
257	Kurucz, Frank	3:06:53.0	OM	191	315	Sullivan, Pat	3:10:30.0	OM	229	373	Harvey, Peter	3:13:47.0	MM	70	431	White, Kim	3:17:09.0	OM	304
258	Soames, S.	3:06:56.0	OM	192	316	Kalinka, Gene	3:10:30.0	OM	230	374	Taylor, Carrie	3:13:48.0	JW	2	432	Rogers, Larry	3:17:10.0	50M	13
259	Obee, Paul	3:06:57.0	OM	193	317	Zweng, Terry	3:10:32.0	OM	231	375	Fleckenstein, B.	3:13:51.0	OM	267	433	Schroeder, David	3:17:13.0	OM	305
260	Obee, Kenneth	3:06:57.0	OM	194	318	Yoshida, Arao	3:10:36.0	50M	8	376	Nicholls, G.	3:13:55.0	OM	268	434	McLeod, Barry	3:17:14.0	MM	80
261	Aylwin, Rod	3:06:57.0	MM	47	319	Jarratt, David	3:10:37.0	OM	232	377	Van Helm, Remy	3:13:55.0	OW	15	435	McBride, Annie	3:17:14.0	MW	7
262	Bocking, Michael	3:07:05.0	OM	195	320	Wigham, Patricia	3:10:38.0	OW	13	378	Landon, Lori	3:14:01.0	MW	5	436	Waterlow, R.	3:17:21.0	MM	81
263	Davidson, Scotty	3:07:06.0	50M	6	321	Shapero, Edward	3:10:39.0	MM	61	379	White, Don	3:14:02.0	OM	269	437	Woodworth, M.	3:17:24.0	OM	306
264	Bransford, Philip	3:07:09.0	OM	196	322	Sopow, Vern	3:10:55.0	OM	233	380	Wade, Gregory	3:14:03.0	OM	270	438	Colburn, David	3:17:25.0	OM	307
265	Chatfield, Craig	3:07:10.0	OM	197	323	Turley, Jack	3:10:56.0	OM	234	381	Lucas, Thomas	3:14:07.0	MM	71	439	Naylor, Bob	3:17:25.0	OM	308
266	Stenseth, Linda	3:07:10.0	OW	10	324	Hill, Ted	3:10:57.0	50M	9	382	Palmer, Greg	3:14:11.0	OM	271	440	Lyman, Jackie	3:17:26.0	MW	8
267	Buften, Wm.	3:07:11.0	OM	198	325	Sims, Steven	3:10:58.0	OM	235	383	Francis, Malcolm	3:14:13.0	OM	272	441	Barcia, Kathleen	3:17:27.0	JW	3
268	Stark, Nicholas	3:07:11.0	OM	199	326	McLaine, Ian	3:10:59.0	OM	236	384	Huetson, M.	3:14:25.0	OM	273	442	Feeney, Allan	3:17:33.0	OM	309
269	Klopping, Paul	3:07:22.0	OM	200	327	Gladwin, Donald	3:11:00.0	MM	62	385	Masri, Daniel	3:14:33.0	OM	274	443	Sroczynski, J.	3:17:36.0	OM	310
270	John, Libby	3:07:24.0	OW	11	328	Fleming, Roy	3:11:00.0	OM	237	386	Reiner, Neil	3:14:35.0	OM	275	444	Edge, Chris	3:17:36.0	OM	311
271	Groth, Holger	3:07:27.0	MM	48	329	Thompson, R.	3:11:04.0	OM	238	387	Yan, Andrew	3:14:40.0	OM	276	445	Acoma, Richard	3:17:37.0	OM	312
272	Mase, Robert	3:07:32.0	OM	201	330	Giles, Michael	3:11:08.0	OM	239	388	Zalkow, Marcy	3:14:41.0	MW	6	446	Takei, Richard	3:17:38.0	MM	82
273	Dubois, Paul	3:07:42.0	OM	202	331	Wiat, Raoul	3:11:09.0	OM	240	389	Goodfriend, H.	3:14:48.0	OM	277	447	Kingan, Paul	3:17:38.0	MM	83
274	Tadema, Roger	3:07:44.0	50M	7	332	Flint, Thomas	3:11:09.0	50M	10	390	Hagerty, Jim	3:14:49.0	MM	72	448	Miller, Daniel	3:17:39.0	OM	313
275	Hyde-Lay, R.	3:07:45.0	JW	1	333	Pugh, Trevor	3:11:18.0	MM	63	391	Williams, Daniel	3:14:53.0	OM	278	449	Pierce, Doug	3:17:40.0	MM	84
276	Langston, Fred	3:07:59.0	OM	203	334	Pallan, Paul	3:11:21.0	OM	241	392	Higgins, Mary	3:14:54.0	OW	16	450	Robb, Douglas	3:17:40.0	OM	314
277	Stevens, Peter	3:08:01.0	OM	204	335	Baartman, Rose	3:11:22.0	OW	14	393	Sampson, Elaine	3:15:00.0	OW	17	451	Resnick, Michael	3:17:41.0	OM	315
278	Butchart, Gary	3:08:08.0	OM	205	336	Meyers, Stewart	3:11:24.0	OM	242	394	Stephure, R.	3:15:05.0	OM	279	452	McMaster, Steve	3:17:48.0	OM	316
279	Crooks, Rob	3:08:08.0	OM	206	337	Bruch, Phil	3:11:30.0	OM	243	395	Yalowica, John	3:15:10.0	OM	280	453	Hillier, Stephen	3:17:49.0	OM	317
280	Codville, Bill	3:08:13.0	OM	207	338	Nelson, John Sr.	3:11:32.0	MM	64	396	Sargent, Earl	3:15:20.0	OM	281	454	Chad, Lynn	3:17:55.0	OW	21
281	Rollins, Tim	3:08:20.0	OM	208	339	Bell, George	3:11:35.0	MM	65	397	Simpkin, Greg	3:15:21.0	OM	282	455	Brockway, Jack	3:17:56.0	OM	318
282	Campbell, Philip	3:08:21.0	MM	49	340	Horsfield, David	3:11:36.0	OM	244	398	MacLeod, Alan	3:15:22.0	MM	73	456	Drummond, G.	3:17:56.0	OM	319
283	Telep, Ralph	3:08:26.0	MM	50	341	Jones, Gerry	3:11:37.0	OM	245	399	Reid, Ed	3:15:23.0	MM	74	457	Gibson, Ian	3:17:57.0	MM	85
284	Inatomi, Takeo	3:08:35.0	OM	209	342	Woods, Gerald	3:11:43.0	OM	246	400	Stubbings, Bob	3:15:28.0	OM	283	458	Howe, Leslie	3:18:01.0	OW	22
285	Boxall, Ken	3:08:43.0	MM	51	343	Zalko, Andy	3:11:50.0	OM	247	401	Ward, Dave	3:15:29.0	OM	284	459	Campbell, Jim	3:18:08.0	OM	320
286	Merritt, Vincent	3:09:04.0	MM	52	344	Pressnail, James	3:11:52.0	OM	248	402	Stobbe, Gerald	3:15:30.0	OM	285	460	McRae, John	3:18:10.0	OM	321

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461	Smith, John	3:18:13.0	OM	322	504	Brox, Wayne	3:21:40.0	OM	349
462	Thornicroft, K.	3:18:17.0	OM	323	505	Davison, Ken	3:21:40.0	OM	350
463	Sedgwick, E.	3:18:28.0	OM	324	506	O'Reilly, Daniel	3:21:46.0	OM	351
464	Barr, Susan	3:18:29.0	OW	23	507	Giller, William	3:21:47.0	OM	352
465	Kelly, Denis	3:18:34.0	OM	325	508	Wong, Peter	3:21:47.0	OM	353
466	Mark, Helmut	3:18:42.0	OM	326	509	Montgomery, T.	3:21:58.0	MM	93
467	Weighill, Gary	3:18:44.0	OM	327	510	Carruthers, A.	3:22:05.0	OM	354
468	Thomson, D.	3:18:51.0	60M	5	511	Olinick, Glenn	3:22:05.0	OM	355
469	Hedgepeth, J.	3:18:55.0	OM	328	512	Kilroe, Ernie	3:22:07.0	MM	94
470	Sweetman, Per	3:18:59.0	OM	329	513	Kinerk, Lisa	3:22:11.0	OW	26
471	Johnson, John	3:19:06.0	50M	14	514	O'Brien, Peter	3:22:13.0	MM	95
472	Bradley, Douglas	3:19:07.0	OM	330	515	Akune, Robert	3:22:14.0	MM	96
473	Fuke, Michael	3:19:11.0	OM	331	516	Sookochoff, M.	3:22:16.0	OM	356
474	Aspinall, Graham	3:19:13.0	MM	86	517	Koch, Steven	3:22:21.0	OM	357
475	Danielson, Paul	3:19:20.0	MM	87	518	Van de Ven, F.	3:22:24.0	OM	358
476	Lawrence, Jerry	3:19:20.0	MM	88	519	Toudy, Winston	3:22:25.0	MM	97
477	Effting, Arnold	3:19:25.0	OM	332	520	Sandstrom, Eric	3:22:29.0	MM	98
478	Eriksson, Nancy	3:19:38.0	OW	24	521	Sullivan, Meg	3:22:30.0	OW	27
479	Bonner, Kenneth	3:19:41.0	MM	89	522	Young, Sam	3:22:36.0	50M	15
480	Wiss, Peter	3:20:03.0	OM	333	523	Pultz, Thomas	3:22:38.0	OM	359
481	Cordrey, Robert	3:20:17.0	OM	334	524	Gagnon, S.	3:22:45.0	OW	28
482	Appleton, S.	3:20:19.0	OM	335	525	Adams, Paul	3:22:47.0	OM	360
483	Kneale, John	3:20:24.0	MM	90	526	Risling, R.	3:22:48.0	MM	99
484	Nielsen, Erik	3:20:33.0	OM	336	527	Horsting, Gary	3:22:48.0	OM	361
485	Lefaux, Bill	3:20:40.0	OM	337	528	Dyer, Raymond	3:22:49.0	OM	362
486	Cherry, Edward	3:20:42.0	OM	338	529	Topham, Marty	3:22:49.0	MM	100
487	Clifford, Brian	3:20:53.0	OM	339	530	Daiton, John	3:22:54.0	MM	101
488	Kelsch, Brian	3:20:53.0	OM	340	531	Deblass, Frank	3:22:56.0	OM	363
489	Wood, Doug	3:20:56.0	OM	341	532	Corcoran, S.	3:22:57.0	OW	29
490	Nelson, Douglas	3:20:58.0	OM	342	533	Harris, Reg	3:22:59.0	OM	364
491	Wood, Rodney	3:21:01.0	OM	343	534	Planinsic, John	3:23:00.0	50M	16
492	Pendl, Peter	3:21:07.0	OM	344	535	Heppenstall, R.	3:23:10.0	OM	365
493	Young, Robert	3:21:09.0	OM	345	536	Haras, Bob	3:23:12.0	OM	366
494	Hawley, Wendell	3:21:10.0	OM	346	537	Tarlow, Arthur	3:23:24.0	MM	102
495	Glennon, Conor	3:21:12.0	OM	347	538	Reid, Michale	3:23:28.0	OM	367
496	Letinsky, Ada	3:21:13.0	MW	9	539	Wilkinson, Loren	3:23:29.0	MM	103
497	Reed, Jo-Anne	3:21:15.0	OW	25	540	Richards, Brent	3:23:31.0	OM	368
498	Kissack, Graham	3:21:19.0	JM	5	541	Seppelt, Chris	3:23:32.0	JM	7
499	Dows, Wayne	3:21:19.0	OM	348	542	Vanndene, Brian	3:23:33.0	OM	369
500	Tanaka, Tobin	3:21:30.0	JM	6	543	Littlejohns, R.	3:23:37.0	MM	104
501	Lyons, Pat	3:21:32.0	MW	10	544	Franksen, Ralph	3:23:42.0	MM	105
502	Montgomery, D.	3:21:35.0	MM	91	545	Wiggins, Lorne	3:23:43.0	MM	106
503	Schubert, John	3:21:36.0	MM	92	546	Lock, Ted	3:23:45.0	OM	370

547	Wells, Mark	3:23.46.0	OM	371	570	Wagenknecht, K.	3:25.05.0	OM	383
548	Szlabey, Dianne	3:23.46.0	OW	30	571	Adkin, Keith	3:25.08.0	OM	384
549	Nakashima, S.	3:23.47.0	OM	372	572	Nagy, Mark	3:25.10.0	OM	385
550	Murphy, John	3:23.49.0	OM	373	573	Blyt, Allan	3:25.13.0	OM	386
551	Heyes, Greg	3:23.51.0	OM	374	574	Miller, Margaret	3:25.16.0	OW	31
552	Haist, Ralph	3:23.54.0	OM	375	575	Sissons, C.	3:25.18.0	MW	11
553	Forde, John	3:23.55.0	MM	107	576	Belak, Victor	3:25.22.0	50M	21
554	Muckle, Heidi	3:23.56.0	50W	1	577	Anderson, Lloyd	3:25.26.0	MM	112
555	Lecky, Donald	3:23.57.0	50M	17	578	Schaut, Michael	3:23.28.0	OM	387
556	Mortimer, James	3:24.07.0	50M	18	579	Coie, Ronald	3:25.29.0	OM	388
557	Preston, Richard	3:24.08.0	50M	19	580	Mick, Joseph	3:25.35.0	OM	389
558	Little, Farnham	3:24.12.0	OM	376	581	Margetts, R.	3:25.37.0	OM	390
559	Maloney, M.	3:24.18.0	OM	377	582	Glover, Patrick	3:25.41.0	OM	391
560	Nock, Max	3:24.29.0	OM	378	583	Sowerby, Dave	3:25.53.0	OM	392
561	Lyons, Rod	3:24.31.0	OM	379	584	McChesney, M.	3:25.59.0	OM	393
562	Sturrock, Doug	3:24.32.0	MM	108	585	Haley, Frank	3:26.02.0	60M	6
563	Paradis, Marc	3:24.37.0	OM	380	586	Hepworth, R.	3:26.04.0	MM	113
564	Kassautzk, H.	3:24.39.0	MM	109	587	Voneugen, Dick	3:26.13.0	50M	22
565	Riach, Bill	3:24.42.0	MM	110	588	Lee, Stan	3:26.14.0	OM	394
566	Timmermans, P	3:24.44.0	OM	381	589	Williams, Leslie	3:26.22.0	OW	32
567	Reid, Kenneth	3:24.53.0	50M	20	590	Webster, Daniel	3:26.24.0	OM	395
568	Reid, George	3:24.54.0	OM	382	591	McPherson, J.	3:26.28.0	MM	114
569	Swab, Rudy	3:24.57.0	MM	111	592	Jackson, Keith	3:26.30.0	50M	23



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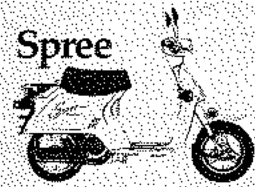
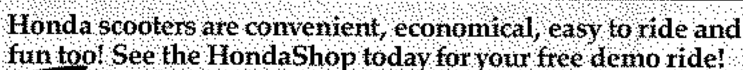
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HOW THEY FINISHED

593	Graham, Rob	3:26:34.0	OM	396	651	Duvall, Derek	3:29:17.0	OM	429	709	Binnig, Tar	3:32:23.0	OM	456	767	Gomez, Terry	3:35:05.0	OM	490
594	Life, Rich	3:26:36.0	OM	397	652	Taylor, James R.	3:29:20.0	OM	430	710	Dyble, Larry	3:32:27.0	50M	31	768	Gilmour, Bruce	3:35:07.0	OM	491
595	Triol, Bill	3:26:37.0	OM	398	653	McKenzie, J.	3:29:24.0	MW	15	711	Willcox, Richard	3:32:27.0	OM	457	769	Kelly, Tracy	3:35:08.0	OW	51
596	Fitzgerald, Wm.	3:26:40.0	MM	115	654	Brown, Duane	3:29:25.0	OM	431	712	Nielsen, Karin	3:32:29.0	OW	44	770	Toni, Robert	3:35:10.0	OM	492
597	Cavallin, Eric	3:26:41.0	OM	399	655	Fawkes, Patrick	3:29:26.0	50M	27	713	Price, Gary	3:32:30.0	OM	458	771	Kloons, Karin	3:35:11.0	OW	52
598	Zimmer, Norm	3:26:47.0	OM	400	656	Seitz, Wendy	3:29:32.0	OW	36	714	Wolfe, Kathy	3:32:30.0	OW	45	772	Jones, Andrew	3:35:12.0	JM	9
599	Cronin, Jude	3:26:48.0	MM	116	657	Legg, William	3:29:39.0	OM	432	715	Fisher, Gordon	3:32:36.0	OM	459	773	Dance, Bradley	3:35:16.0	OM	493
600	Willemse, Peter	3:26:57.0	MM	117	658	Reid, Stewart	3:29:43.0	OM	433	716	Gatin, Dale	3:32:38.0	OM	460	774	Krebs, Judy	3:25:18.0	MW	24
601	Antunovic, Mike	3:27:03.0	OM	401	659	Rimmer, Robert	3:29:47.0	OM	434	717	Bradley, Skip	3:32:41.0	OM	461	775	Schmutz, Mark	3:35:28.0	OM	494
602	Rubulak, Morris	3:27:07.0	OM	402	660	Just, Gerry	3:29:49.0	MM	131	718	Craig, Wayne	3:32:44.0	MM	143	776	Dhaliwal, Herb	3:35:33.0	OM	495
603	Yeung, Sidon	3:27:09.0	OM	403	661	Aiken, Donald	3:29:50.0	MM	132	719	Dunbar, R.	3:32:45.0	OM	462	777	Sipkins, Peter	3:35:34.0	MM	155
604	Larocque, Phil	3:27:10.0	OM	404	662	Slute, Mike	3:29:51.0	OM	435	720	Porteous, Nelson	3:32:46.0	MM	144	778	Quinlan, Dennis	3:35:38.0	OM	496
605	Conway, Kevin	3:27:12.0	OM	405	663	Elkington, Walter	3:29:52.0	50M	28	721	Edmondson, Ed	3:32:47.0	MM	145	779	Willcox, John	3:35:42.0	OM	497
606	Morton, Cathy	3:27:12.0	OW	33	664	Berto, Penny	3:29:54.0	MW	16	722	Reid, Debbie	3:32:49.0	OW	46	780	MacDonald, J.	3:35:44.0	OM	498
607	McLaren, K.	3:27:15.0	MM	118	665	Richardson, J.	3:30:02.0	50M	29	723	MacDonald, B.	3:32:52.0	MM	146	781	Wincure, Ron	3:35:46.0	OM	499
608	Smith, Wayne	3:27:18.0	OM	406	666	Saunders, David	3:30:03.0	OM	436	724	Pledger, Wayne	3:32:55.0	OM	463	782	Hunter, Terry	3:35:51.0	MM	156
609	Billmark, Gary	3:27:19.0	MM	119	667	Nichol, Robert	3:30:08.0	OM	437	725	Ryshak, David	3:33:00.0	MM	147	783	Dean, Robert	3:35:56.0	OM	500
610	Chiu, Carlos	3:27:20.0	OM	407	668	Richardson, D.	3:30:10.0	MM	133	726	Loneragan, Jack	3:33:01.0	OM	464	784	McIvor, Steve	3:36:06.0	MM	157
611	Stevens, Albert	3:27:24.0	OM	408	669	Todd, David	3:30:14.0	OM	438	727	Devine, Brent	3:33:06.0	OM	465	785	Chan, Danley	3:36:19.0	JM	10
612	Stone, Alvin	3:27:28.0	50M	24	670	Rainey, Paul	3:30:18.0	OM	439	728	O'Hagan, Arthur	3:33:07.0	MM	148	786	Andeson, Les	3:36:22.0	MM	158
613	Lee, Bill	3:27:30.0	OM	409	671	Collier, Kim	3:30:21.0	OW	37	729	Smith, Brent	3:33:09.0	OM	466	787	Lopresti, Zlata	3:36:30.0	OW	53
614	Turner, Randy	3:27:36.0	OM	410	672	Hasler, Paul	3:30:25.0	MM	134	730	Robichaud, Mike	3:33:12.0	OM	467	788	Porteny, Luis	3:36:44.0	OM	501
615	Henderson, J.	3:27:36.0	OM	411	673	Jennings, Trish	3:30:27.0	OW	38	731	Crawley, Herb	3:33:14.0	MM	149	789	Hume, Cathy	3:36:46.0	OW	54
616	Wagenknecht, T.	3:27:37.0	50M	25	674	Ericksen, Mary	3:30:30.0	OW	39	732	Carey, Brad	3:33:15.0	OM	468	790	Brookes, Keith	3:36:47.0	MM	159
617	Taylor, George	3:27:38.0	50M	26	675	Mills, Richard	3:30:32.0	OM	440	733	Lawrence, R.	3:33:15.0	MW	21	791	Campbell, Leith	3:36:49.0	MM	160
618	MacKenzie, Cam	3:27:38.0	MM	120	676	Penner, Sam	3:30:34.0	MM	135	734	Unknown	3:33:18.0	OM	469	792	Mather, Gilbert	3:36:49.0	MM	161
619	Sewell, Judith	3:27:41.0	MW	12	677	Dillon, Desmond	3:30:36.0	OM	441	735	Meerloo, Ashley	3:33:18.0	OM	470	793	Suzuki, Mitsuo	3:36:51.0	OM	502
620	Tillotson, Rob	3:27:43.0	MM	121	678	Wladichuk, Brent	3:30:40.0	OM	442	736	Simmons, Brian	3:33:21.0	OM	471	794	Crozier, Lynda	3:37:02.0	OW	55
621	Thompson, G.	3:27:44.0	MW	13	679	Jellicoe, Len	3:30:41.0	MM	136	737	Krasniuk, Russell	3:33:21.0	OM	472	795	Thomas, David	3:37:10.0	MM	162
622	Hales, David	3:27:46.0	OM	412	680	Dagenais, Guy	3:30:43.0	OM	443	738	Alexander, R.	3:33:22.0	MM	150	796	Gaboury, J-P.	3:37:15.0	OM	503
623	Brown, Brian	3:27:47.0	OM	413	681	Adams, Jerry	3:30:46.0	OM	444	739	Hughes, Peter	3:33:23.0	OM	473	797	Seto, Ken	3:37:19.0	OM	504
624	Coleman, Ronald	3:27:50.0	OM	414	682	MacDonald, G.	3:30:58.0	OM	445	740	Martin, Rollie	3:33:28.0	60M	7	798	Howe, Thomas	3:37:21.0	OM	505
625	Steinfeld, F.	3:27:53.0	MW	14	683	Klopping, Mike	3:31:11.0	OM	446	741	Morris, Simon	3:33:31.0	OM	474	799	Sullivan, Jim	3:37:23.0	OM	506
626	Rowe, Peter	3:27:56.0	OM	415	684	Sali, Elaine	3:31:14.0	OW	40	742	Prost, Chuck	3:33:32.0	OM	475	800	Wile, Brian	3:37:23.0	MM	163
627	Maxwell, Barb	3:27:57.0	OW	34	685	Hammond, Ken	3:31:15.0	MM	137	743	Mason, Heather	3:33:32.0	OW	47	801	Forseith, Douglas	3:37:26.0	OM	507
628	Douglas, Robin	3:27:59.0	OM	416	686	Ormesher, A.	3:31:17.0	MW	17	744	Giles, Sylvia	3:33:33.0	MW	22	802	Nakagawa, Bob	3:37:30.0	OM	508
629	Montgomery, C.	3:28:01.0	MM	122	687	Miller, Naomi	3:31:20.0	MW	18	745	Seghers, Benoni	3:33:35.0	MM	151	803	Kilpatrick, Tom	3:37:33.0	OM	509
630	Volz, Brad	3:28:02.0	OM	417	688	Hoisington, R.	3:31:23.0	OM	447	746	Mead, Henry	3:33:40.0	OM	476	804	McHugh, Betty J.	3:37:36.0	50W	2
631	Flack, John	3:28:03.0	OM	418	689	Uliama, Sergio	3:31:31.0	OM	448	747	Lane, Gerald	3:33:49.0	OM	477	805	Tanner, Richard	3:37:36.0	OM	510
632	Coons, William	3:28:10.0	OM	419	690	Folliott, Greg	3:31:35.0	JM	8	748	Zosiak, Jim	3:33:57.0	OM	478	806	Hughes, Dennis	3:37:37.0	OM	511
633	Barry, Debby	3:28:11.0	OW	35	691	Daniel, John	3:31:38.0	OM	449	749	MacNair, Derek	3:33:58.0	MM	152	807	Urbanski, Kerry	3:37:37.0	OM	512
634	Henderson, R.J.	3:28:12.0	MM	123	692	Harris, Richard	3:31:42.0	OM	450	750	Sam, Ken	3:33:59.0	OM	479	808	Cunningham, K.	3:37:38.0	OM	513
635	McPhie, Harry	3:28:13.0	MM	124	693	Barton, Linda	3:31:43.0	MW	19	751	Mogg, Peggy	3:34:02.0	OW	48	809	Lang, John	3:37:43.0	OM	514
636	Ingram, Richard	3:28:18.0	OM	420	694	Plato, Gordon	3:31:43.0	MM	138	752	Hewitt, Ken	3:34:13.0	OM	480	810	Zemke, Willfrid	3:37:44.0	OM	515
637	McLay, John	3:28:18.0	OM	421	695	Cairns, Andrew	3:31:47.0	50M	30	753	Owen, Marcus	3:34:18.0	OM	481	811	Keith, Don	3:37:44.0	50M	32
638	Johnson, Doug	3:28:19.0	MM	125	696	Van Buuren, Lori	3:31:52.0	OW	41	754	Blatchford, E.	3:34:20.0	OW	49	812	Hollands, Debbie	3:37:48.0	OW	56
639	Fox, Gordon	3:28:25.0	MM	126	697	Belak, Mary	3:31:54.0	MW	20	755	Heffel, Cheryl	3:34:24.0	OW	50	813	Miyazawa, Fumio	3:37:52.0	50M	33
640	Bridges, Steve	3:28:28.0	OM	422	698	Monahan, G.	3:31:57.0	OM	451	756	Orcutt, Terry	3:34:25.0	OM	482	814	Hall, David	3:37:53.0	MM	164
641	Conde, Michael	3:28:38.0	OM	423	699	Hillis, Ronald	3:31:58.0	MM	139	757	Sorensen, John	3:34:29.0	OM	483	815	Raynier, Aeron	3:37:59.0	MM	165
642	Matthews, R.	3:28:40.0	OM	424	700	Gardner, Lloyd	3:31:59.0	MM	140	758	Farrell, James	3:34:32.0	OM	484	816	Lum, Verna	3:38:11.0	OW	57
643	Chiu, Jorge	3:28:41.0	OM	425	701	McCrystal, W.	3:31:59.0	OW	42	759	Switzer, Brian	3:34:39.0	OM	485	817	Isaac, Fabian	3:38:21.0	MM	166
644	Slayton, Kelley	3:28:47.0	MM	127	702	Hooper, Rupert	3:32:01.0	MM	141	760	Fryer, Keith	3:34:40.0	OM	486	818	Sork, Jeanie	3:38:22.0	OW	58
645	Greenfield, Russ	3:28:54.0	MM	128	703	Rasmussen, R.	3:32:04.0	MM	142	761	Tondou, Leo	3:34:41.0	MM	153	819	Chin, Robert	3:38:23.0	OM	516
646	Lees, Nick	3:28:58.0	MM	129	704	Pritchard, Vince	3:32:12.0	OM	452	762	Plessis, Roland	3:34:42.0	OM	487	820	Miyata, Yasumi	3:38:24.0	OM	517
647	Burt, Harvey	3:29:04.0	OM	426	705	Galy, Glenn	3:32:13.0	OM	453	763	Zimmerman, S.	3:34:47.0	OM	488	821	Anderson, Laurie	3:38:26.0	OM	518
648	Harper, James	3:29:09.0	OM	427	706	Keir, Ken	3:32:13.0	OM	454	764	Prendergast, T.	3:34:55.0	MM	154	822	Asai, Yuji	3:38:27.0	MM	167
649	Breingan, Jeff	3:29:12.0	OM	428	707	Young, Wendy	3:32:20.0	OW	43	765	Robb, Ken	3:35:00.0	OM	489	823	Weber, Paul	3:38:36.0	MM	168
650	Stephen, Frank	3:29:17.0	MM	130	708	Marko, Larry	3:32:20.0	OM	455	766	Hlookoff, Polly	3:35:00.0	MW	23	824	Fisher, Mary	3:38:39.0	OW	59



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By MICK MALONEY

I began to regret my brash words at about the 22-mile mark of the Vancouver International Marathon.

A few days before the event, I ended an article on pre-race preparations and impressions by writing that the hard part was over, inferring the race would be easy in comparison to training miles put in over the previous six months.

If I'd had the strength, as I puffed and chugged up the murderous incline of Pipe Line Road for the second time in two hours, with inspiration stretched paper thin over the 20 plus miles behind, I would have begun to gnaw vigorously at the offending typing fingers as a signal to the great gods of masochism that I was willing to pay the full price in order to finish.

But I'm getting ahead of myself. A story so rich in pathos and charged with emotion, a story so utterly indicative of the colossal struggle of the human spirit to rise above the crippling neuroses that are the emotional handcuffs of life, deserves to be told from the beginning. And that's where I'll start.

Race morning was cool and overcast. The air around the dozen or so privies set up near the Start at B.C.

Place Stadium, was crisp and rife with the intensity of a thousand nervous tinkles. Runners stretched away the jitters against fences, poles and fenders, or trotted anxiously back and forth along the curve of the Dome. Some simply bobbed up and down on the spot in front of the starting line, their agitation apparent in pre-occupied toothy grins.

The distant crack of the starting gun popped 1,500 high-energy balloons, supercharging the human wave which undulated forward beneath gray skies and a myriad of inspirational thoughts.

"This one's for you, Mom," whispered a finely tuned runner while making his way to the outer edge of the pack, worn sneakers pum-

melling the pavement in his haste to keep on pace.

"Seven-seventeen — seven-eighteen — seven-nineteen..." called the official marking pace at the one-mile mark.

Runners glanced at black plastic watches, speeding up or slowing down in accordance with individually tailored plans of attack. Some would run hard at the beginning to put maximum miles behind them while still fresh. Others, their minds already looking ahead to the Wall, would start slowly, conserving energy for the end.

The four-mile loop around False Creek slipped away, dreamlike, as participants monitored their bodies for telltale signs which might indicate trouble ahead. Slightly laboured breathing on the incline of the Granville St. Bridge was forgotten in the exhilaration of reaching the peak and seeing the pack stretching out ahead.

No problem, I thought, checking the mile times written on the back of my hand as I flashed the victory signal to supporters on the Georgia St. viaduct. If I hold a seven-minute, 15-second pace to the halfway point I'll have enough energy left to sprint the last 13.1 miles. Hmm. Wonder what the record is for first-time marathoners?

A strong fish smell emanating from warehouses along the waterfront portion of the course, in the section east of Gastown, caused me to pick up pace slightly. As did the intrusive music blaring from speakers at the top end of Water Street. By the time Stanley Park came into sight I was on a three-hour marathon pace and mentally preparing myself for the honours to come.

Mustn't be too arrogant when accepting congratulations, I thought, picturing myself hurdling the legendary Wall without breaking stride...

I began to tire by mile 16, but it wasn't until I slowed for water at the 20-mile point, at the beginning of the second loop through the park, that actual fear set in.

I began experiencing symptoms painfully familiar to me from numerous nervous breakdowns suffered over the years. Nothing in life mattered anymore, except the next step forward. Not family, not friends, not fame, not fortune. Not females. I'm talking about spirits plummeting in a dangerous dive to the depths of despair. I'm talking about descending to that quiet, lonely place that is lower on mental-elevation maps than a snake's navel. I'm talking about a deepening despondency that numbs the brain and cloaks the soul in a black shroud of personal defeat.

Well, maybe it wasn't like that for other runners, but that's the way I felt as my legs stopped moving on the stretch of road beside Lost Lagoon.

I forced my mind, sideways, through a tiny chink in the Wall of blackness, then signalled for my feet to follow. They refused, throwing the command centre into a tizzy. A flurry of messages bridged synaptic gaps in a frenzied effort to get the appendages back in line. Any failure to obey a

direct order could throw the entire system out of whack, leading to total breakdown. There could be tears, hysterical laughter, babbling or worse. I was very afraid.

After several frantic moments of fruitless cajoling, the feet were forced to move forward, in a slow shuffle, by a dark threat too horrible to repeat in a family publication. I paused at the water station in English Bay, quaffed two large cups, and mulled the pros and cons of continuing on a course of action that could lead to permanent institutionalization.

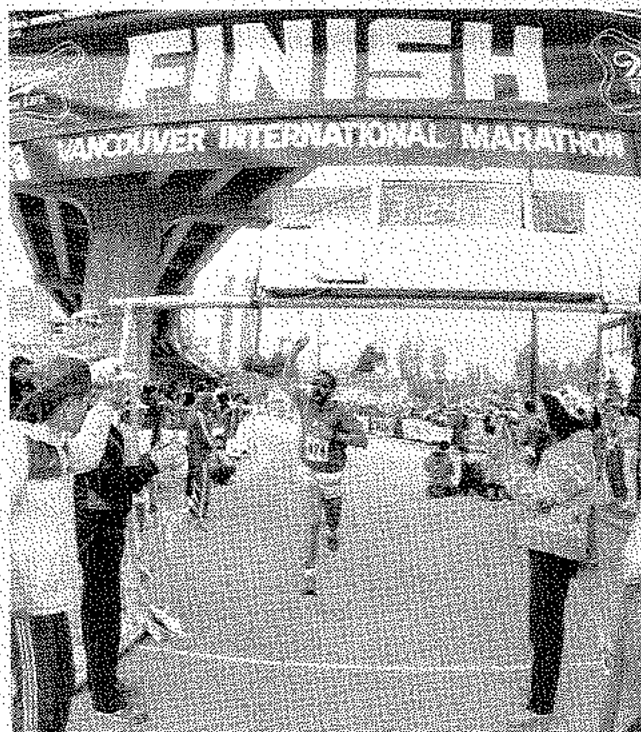
My fans were expecting me to finish, but the world's record was no longer a realistic goal. Still, there was a certain amount of glory to be garnered by limping across the finish line wearing a look of extreme pain. A courageous performance, they would say, as I hobbled the final hundred yards.

I decided to press on. By the 25-mile sign, the shuffle had turned into a slow jog. The command centre was pumping adrenalin and promises in copious amounts.

Just one more mile then never again. No running. No walking. Not even to the corner store. The running shoes will be torched in a midnight sacrifice at Kits Beach. The great gods of masochism will be appeased and life will be full and happy again, with feet resting on a beer cooler and paunch hanging down.

Refreshments flowed freely at the post-marathon soiree. Limping participants swapped times and race stories, the glow of accomplishment evident in their faces. Strategies were formulated for next year's race.

"Three hours, 24 minutes," I replied proudly to a query about my time. "And I had to walk, so I figure I can cut about 15 minutes off next time out. No problem."



"Never again," gasped competitor 874 as he crossed the finish line of the Vancouver International Marathon in a less-than-record-shattering three hours and 24 minutes. Kent Kallberg Photo/Pentax.



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HOW THEY FINISHED

1174	Campa, Karin	4:00:08.0	OW	128	1234	Mulligan, T.D.	4:06:40.0	MM	243	1294	Dickson, Karen	4:13:24.0	OW	151	1338	Mainardi, F.	4:18:48.0	MM	259
1175	Kearns, Maree	4:00:14.0	OW	129	1235	Jackson, Ron	4:06:41.0	OM	688	1295	Kunkler, Jim	4:13:38.0	MM	252	1339	Beraldin, Viviana	4:18:54.0	OW	166
1176	Camarta, Brian	4:00:19.0	OM	664	1236	Cook, Sandra	4:06:58.0	OW	138	1296	Courneya, Carol	4:13:43.0	OW	152	1340	Wong, Nelson	4:19:07.0	OM	716
1177	Harris, Julie	4:00:21.0	MW	60	1237	Snodgrass, J.	4:07:02.0	OW	139	1297	McLorg, Alison	4:13:44.0	OW	153	1341	Hudson, S.	4:19:17.0	MW	86
1178	O'Shea, Vincent	4:00:22.0	50M	60	1238	Bushman, Mary	4:07:17.0	OW	140	1298	Redpath, Pete	4:13:55.0	50M	69	1342	Imai, Yasutaka	4:19:29.0	MM	260
1179	Bunton, Greg	4:00:31.0	OM	665	1239	Barrington, Peter	4:07:20.0	MM	244	1299	Schlemmer, L.	4:13:55.0	MM	253	1343	Scharf, Kurt	4:19:42.0	50M	73
1180	MacLean, G.	4:00:39.0	MW	61	1240	Greyell, Lynda	4:07:40.0	OW	141	1300	Cappellini, S.	4:14:10.0	50M	70	1344	Nay, Kathy	4:19:43.0	OW	167
1181	MacLean, Fraser	4:00:40.0	50M	61	1241	Sakai, Christine	4:07:41.0	OW	142	1301	MacLaine, Ian	4:14:14.0	OM	707	1345	Trenaman, R.	4:19:44.0	OM	717
1182	Horne, Rick	4:00:43.0	OM	666	1242	Anselmo, Silvano	4:07:56.0	OM	889	1302	Jensen, Ann	4:14:14.0	OW	154	1346	Drummond, D.	4:19:52.0	OM	718
1183	Linstead, D.	4:00:47.0	MW	62	1243	Graham, Jean	4:07:57.0	MW	70	1303	Mitchell, Wanda	4:14:16.0	OW	155	1347	Murakami, Hide	4:19:55.0	MW	87
1184	Boileau, Danielle	4:00:53.0	JW	7	1244	Andrew, Mark	4:07:58.0	OM	690	1304	Preston, R.	4:14:20.0	MW	81	1348	Gray, Stanley	4:19:59.0	OM	719
1185	Haskins, Gordon	4:00:55.0	60M	11	1245	Dickinson, M.	4:08:02.0	MM	245	1305	Fast, Paul	4:15:11.0	OM	708	1349	McGregor, Gary	4:20:02.0	OM	720
1186	Wright, Charles	4:01:12.0	50M	62	1246	Shinde, Lily	4:08:23.0	MW	71	1306	Paterson, Geri	4:15:12.0	OW	156	1350	Broster, Linda	4:20:09.0	MW	88
1187	Mergens, Peter	4:01:23.0	MM	234	1247	Maxwell, Bill	4:08:27.0	MM	246	1307	Gallo, Donald	4:15:13.0	MM	254	1351	Ayre, Selma	4:20:10.0	50W	5
1188	Dicy, Gladys	4:01:25.0	MW	63	1248	Cole, Shawn	4:08:42.0	OM	691	1308	Fagan, Margaret	4:15:14.0	JW	9	1352	Cotford, R.	4:20:27.0	50M	74
1189	Mathisson, C.	4:01:27.0	MM	235	1249	Kaulback, Kerry	4:08:54.0	OW	143	1309	Lam, David	4:15:18.0	MM	255	1353	Mitchell, David	4:21:05.0	MM	261
1190	Taylor, Garry	4:01:29.0	OM	667	1250	Davies, Peter	4:09:00.0	MM	247	1310	Daigneault, Todd	4:15:21.0	JM	16	1354	Lockwood, P.	4:21:09.0	MW	89
1191	Rudolph, G.	4:01:30.0	OM	668	1251	Mah, Jasmine	4:09:11.0	OW	144	1311	MacLeod, Angus	4:15:24.0	MM	256	1355	Simon, R.	4:22:00.0	OW	168
1192	Oneill, Penny	4:01:33.0	OW	130	1252	Dery, Melvin	4:09:13.0	OM	692	1312	Ballantyne, Don	4:15:30.0	OM	709	1356	Low, Jackson	4:22:00.0	OM	721
1193	Barcia, Peter	4:01:55.0	MM	236	1253	Yamada, Yuko	4:09:31.0	OW	145	1313	Ballantyne, D.	4:15:31.0	OW	157	1357	Plate, Karen	4:22:18.0	MW	90
1194	Scott, Nancy	4:02:01.0	OW	131	1254	Bradbury, David	4:09:33.0	MM	248	1314	Butz, Joerg	4:15:34.0	OM	710	1358	Morin, Betty	4:22:39.0	MW	91
1195	Campbell, Joan	4:02:03.0	MW	64	1255	Sanregret, V.	4:09:33.0	OW	146	1315	Tynan, Marla	4:15:41.0	OW	158	1359	Peterson, Shirle	4:22:51.0	MW	92
1196	Perret, Mickey	4:02:16.0	OM	669	1256	Ward, William	4:09:38.0	OM	693	1316	Haderer, Francie	4:15:59.0	OW	159	1360	Rowed, Mark	4:23:15.0	OM	722
1197	Carter, Robert	4:02:17.0	MM	237	1257	Galloway, David	4:09:40.0	OM	694	1317	Nyberg, Carl	4:16:04.0	OM	711	1361	Dobson, Glenda	4:23:34.0	OW	169
1198	Chow, Benjamin	4:02:25.0	OM	670	1258	Bustos, A.	4:09:47.0	OM	695	1318	Langley, Patricia	4:16:16.0	50W	4	1362	Odwin, Stephen	4:24:34.0	MM	262
1199	Prendergast, R.	4:02:32.0	OM	671	1259	Power, Sean	4:09:52.0	OM	696	1319	Chalcraft, M.	4:16:32.0	OW	160	1363	Black, Norman	4:24:35.0	MM	263
1200	Hahn, Brian	4:02:33.0	OM	672	1260	Ege, Norris	4:09:52.0	50M	64	1320	Kumkler, Patsy	4:16:41.0	MW	82	1364	Johl, Guip	4:24:40.0	MM	264
1201	Funt, Warren	4:03:01.0	OM	673	1261	Carl, Margaret	4:09:57.0	MW	72	1321	Naydiuk, Mary L.	4:16:47.0	OW	161	1365	Smith, Albert	4:24:42.0	OM	723
1202	Gill, Stephen	4:03:12.0	OM	674	1262	Saunders, Bryan	4:10:01.0	MM	249	1322	Rousseau, Terry	4:16:50.0	OM	712	1366	Pye, Harvey	4:24:48.0	OM	724
1203	Vandventer, Jay	4:03:19.0	OM	675	1263	Tritt, Anne	4:10:04.0	MW	73	1323	Turk, John	4:16:52.0	50M	71	1367	Beaton, David	4:24:53.0	OM	725
1204	McNamara, Lynn	4:03:22.0	MW	65	1264	Beckerman, M.	4:10:06.0	MW	74	1324	Edwards, G.	4:17:04.0	50M	72	1368	Todd, James	4:24:58.0	OM	726
1205	Stair, Robert	4:03:27.0	OM	676	1265	Wright, Mary	4:10:07.0	50W	3	1325	Rosengren, P.	4:17:16.0	OW	162	1369	Gallagher, Janet	4:25:07.0	MW	93
1206	Plumlee, Leroy	4:03:31.0	MM	238	1266	Tomicki, Marg	4:10:16.0	MW	75	1326	Noble, Alison	4:17:33.0	OW	163	1370	Brown, Paloma	4:25:08.0	OW	170
1207	Cooper, Gary	4:03:37.0	MM	239	1267	Bricker, Jim	4:10:18.0	50M	65	1327	Lam, Stephen	4:17:43.0	OM	713	1371	Clifford, Hugh	4:25:10.0	60M	14
1208	Meadows, Carl	4:03:44.0	MM	240	1268	Mears, Lishe	4:10:19.0	OW	147	1328	Adams, Shirley	4:17:57.0	MW	83	1372	Gray, Douglas	4:25:28.0	MM	265
1209	Wolbers, John	4:03:55.0	OM	677	1269	Dunn, Frank	4:10:19.0	OM	697	1329	Grohmuller, Y.	4:17:58.0	OW	164	1373	Shachtay, Eliz.	4:25:34.0	MW	94
1210	Paryniuk, Mary	4:04:07.0	OW	132	1270	Jones, Ivor	4:10:20.0	MM	250	1330	Gilding, James	4:18:02.0	MM	257	1374	Mowat, Monica	4:25:52.0	OW	171
1211	Brown, Charles	4:04:08.0	OM	678	1271	Brett, James	4:10:27.0	50M	66	1331	Douglas, Grant	4:18:04.0	MM	258	1375	Wall, Carrie	4:25:53.0	OW	172
1212	Nicol, Janet	4:04:09.0	OW	133	1272	Schick, Edna	4:10:30.0	MW	76	1332	Leggett, Gordon	4:18:08.0	OM	714	1376	Montgomery, M.	4:26:34.0	JM	17
1213	Frizzell, Andrew	4:04:10.0	OM	679	1273	Price, Donald	4:10:32.0	50M	67	1333	Berlow, Stacey	4:18:17.0	OW	165	1377	Butler, Mollie	4:26:40.0	MW	95
1214	Talbot, Victoria	4:04:13.0	OW	134	1274	Simon, Phillis	4:10:34.0	MW	77	1334	Rooney, Sheila	4:18:20.0	MW	84	1378	Miserva, Jan	4:26:46.0	MW	96
1215	Novakowski, Lori	4:04:15.0	OW	135	1275	Lawson, Charles	4:10:49.0	JM	15	1335	Routley, Deloy	4:18:23.0	OM	715	1379	Takahashi, T.	4:27:04.0	OW	173
1216	Krause, Brenda	4:04:19.0	MW	66	1276	Bonnar, Cheryl	4:10:50.0	JW	8	1336	Burnett, Joseph	4:18:29.0	60M	13	1380	Takahashi, Yuji	4:27:04.0	OM	727
1217	Huumo, John	4:04:29.0	OM	680	1277	Eddleston, S.	4:10:50.0	MW	78	1337	Bryant, Margaret	4:18:32.0	MW	85	1381	Gagne, Lise	4:27:11.0	OW	174
1218	Dickey, Gary	4:04:31.0	MM	241	1278	Sandhu, Dollie	4:11:06.0	OW	148										
1219	Creer, Mark	4:04:39.0	OM	681	1279	Leahy, Steven	4:11:32.0	OM	698										
1220	McCann, Patricia	4:05:12.0	MW	67	1280	Kerr, Bruce	4:11:40.0	OM	699										
1221	Hirabayashi, K.	4:05:31.0	OM	682	1281	Bortolussi, L.	4:11:41.0	OM	700										
1222	Yee, Corinne	4:05:35.0	OW	136	1282	Lobo, Edward	4:11:46.0	OM	701										
1223	McDonald, Al	4:05:37.0	MM	242	1283	Fanning, Peter	4:11:52.0	OM	702										
1224	Stuckert, Jody	4:06:00.0	OW	137	1284	Campbell, Colin	4:12:04.0	OM	703										
1225	Vaughan, James	4:06:05.0	OM	683	1285	Wong, John	4:12:20.0	OM	704										
1226	Nadeau, Carol	4:06:06.0	MW	68	1286	St. Amant, B.	4:12:37.0	OM	705										
1227	Jones, William	4:06:10.0	60M	12	1287	Scott, Linda	4:12:39.0	OW	149										
1228	Jeffrey, Craig	4:06:22.0	OM	684	1288	Barker, Michael	4:12:39.0	MM	251										
1229	Sakamoto, Eiko	4:06:22.0	MW	69	1289	Bauer, Lucy	4:12:48.0	MW	79										
1230	Paul, Bob	4:06:23.0	50M	63	1290	Willson, Brad	4:12:49.0	OM	706										
1231	Holt, Peter	4:06:25.0	OM	685	1291	McGregor, C.	4:13:06.0	MW	80										
1232	Gallagher, J.	4:06:28.0	OM	686	1292	Binkley, Ross	4:13:11.0	50M	68										
1233	Nyland, Wayne	4:06:36.0	OM	687	1293	Price, Cathie	4:13:19.0	OW	150										

duck

86 S.E. Marine Dr. near Main 324-7222

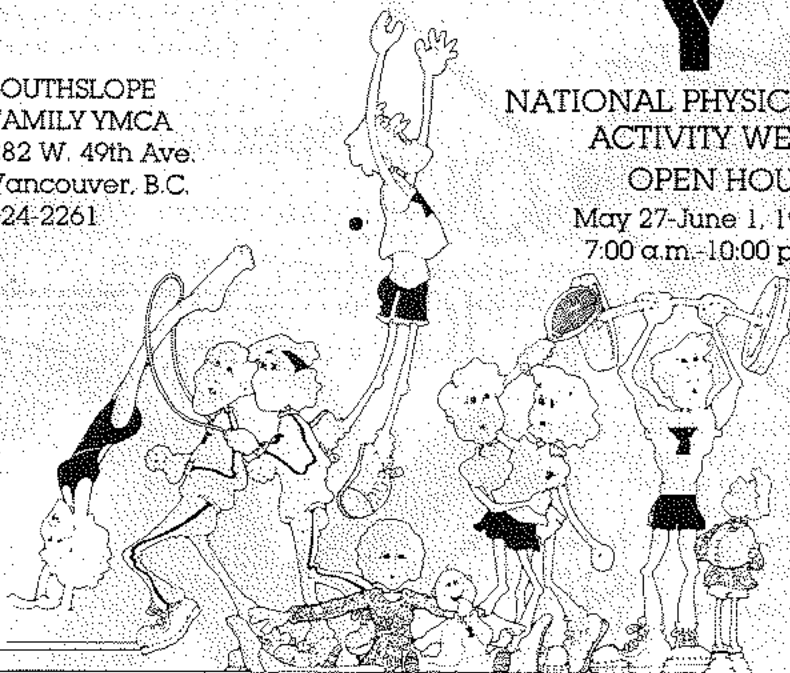
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May 30th Try A Fitness Class Night 5:30-9:00 p.m. — Free
May 21st Swim Stroke Tips 5:30-10:00 p.m. — Free

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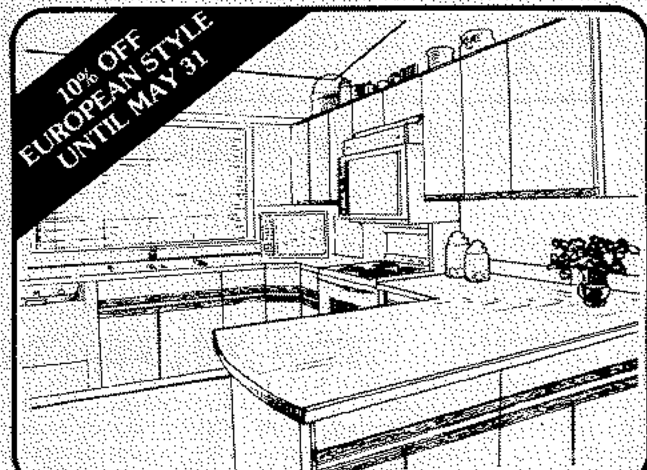
Reg. 76⁰⁰ **SPECIAL 49⁸⁵**
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THE FRIENDLY PLACE

HOW THEY FINISHED

1382 Perry, Heather	4:27:17.0	OW	175	1405 Heimbach, Art	4:32:32.0	OM	733	1427 Westby, Laura	4:43:32.0	MW	107	1438 Clarke, Michael	4:56:27.0	OM	742
1383 Garnes, Tiju-Mali	4:27:28.0	MW	97	1406 Shaw, Sharyn	4:32:56.0	MW	101	1428 Lacoste, Mike	4:43:32.0	OM	739	1439 Roberts, Bill	4:56:31.0	50M	80
1384 Brown, Heather	4:27:29.0	OW	176	1407 Shaw, Bruce	4:32:56.0	MM	267	1429 Carr, Gordon	4:44:36.0	JM	18	1440 Tokawa, Mel	5:00:25.0	OM	743
1385 Shigehiro, J.	4:27:57.0	MW	98	1408 Blais, Richard	4:33:03.0	OM	734	1430 Gerrior, Don	4:44:53.0	OM	740	1441 Mulhall, Guy	5:00:30.0	50M	81
1386 Waksel, Morley	4:28:00.0	OM	728	1409 Beattie, Ian	4:33:13.0	OM	735	1421 Pepe, Lucy	4:46:07.0	50W	7	1442 Ryan, Tracy	5:02:32.0	OW	189
1387 Nordhoff, C.	4:28:13.0	50W	6	1410 Beaton, Paul	4:34:45.0	OM	736	1432 Gutenberg, A.	4:47:07.0	OM	741	1443 Jones, Patricia	5:03:06.0	50W	8
1388 Birkeland, Marit	4:28:22.0	MW	99	1411 Robinson, Elaine	4:35:15.0	MW	102	1433 Collinge, Diana	4:47:34.0	MW	108	1444 Anderson, Ian	5:04:48.0	OM	744
1389 Sadler, Ronald	4:28:56.0	50M	75	1412 Pierlot, Blaine	4:35:15.0	OM	737	1434 Blair, Deborah	4:50:11.0	OW	187	1445 Yee, Pansy	5:04:54.0	OW	190
1390 Wong, Paul	4:30:16.0	OM	729	1413 Tobias, Cyril	4:35:18.0	60M	16	1435 Lolua, Leila	4:52:39.0	OW	188	1446 Hammond, C.	5:08:54.0	OM	745
1391 Webb, Thomas	4:30:16.0	OM	730	1414 Friedrich, Karen	4:35:23.0	OW	181	1436 Touchet, Dennis	4:54:39.0	MM	269	1447 Touchet, Robert	5:13:47.0	MM	270
1392 Weinberg, Leah	4:30:19.0	JW	10	1415 McPhie, Judith	4:35:33.0	MW	103	1437 Bertrand, Gerry	4:55:39.0	50M	79	1448 Muldoon, B.	5:13:56.0	MW	109
1393 Anderson, K.	4:30:19.0	JW	11	1416 Gelwicks, Jean	4:35:33.0	MW	104								
1394 LeFrank, Bruce	4:30:28.0	OM	731	1417 Chong, Susan	4:36:14.0	MW	105								
1395 Hughes, Laura	4:30:30.0	OW	177	1418 Blake, Philip	4:36:15.0	OM	738								
1396 Wales, Janet	4:30:32.0	OW	178	1419 Roddan, Janette	4:36:15.0	OW	182								
1397 Binkley, Paul	4:30:37.0	50M	76	1420 Willett, Marie A.	4:36:38.0	OW	183								
1398 Phillip, John	4:31:02.0	60M	15	1421 Doig, Heather	4:37:00.0	MW	106								
1399 Carlson, Anita	4:31:05.0	MW	100	1422 Chen, Hazel	4:37:15.0	OW	184								
1400 Stamnes, Deb.	4:31:08.0	OW	179	1423 Pound, Donn	4:37:50.0	50M	78								
1401 Tkach, Carol	4:31:08.0	OW	180	1424 Jewell, Lorraine	4:39:34.0	OW	185								
1402 Smith, Bob	4:31:38.0	OM	732	1425 Dubois, Lou	4:39:34.0	MM	268								
1403 Short, Tom	4:32:02.0	50M	77	1426 Bisailon, Chris	4:43:08.0	OW	186								
1404 Hawkinson, Carl	4:32:29.0	MM	266												



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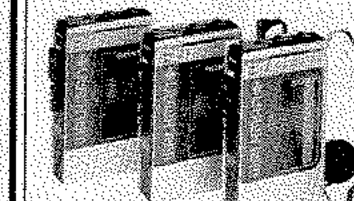
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HOW THEY FINISHED

TOP 10 WOMEN ANY CATEGORY

1 Teshima, K. T. Japan	2:55.34	114	6 Sharon, G. (U)	3:02.56	198
2 Walker, S. (U)	2:56.41	131	7 Letinsky, L. PrSky	3:03.48	212
3 Kinsper, A. (U)	3:01.04	176	8 Gleave, C. (U)	3:03.49	213
4 Fuller, S. Cal. RR	3:02.08	184	9 Strobl, L. (U)	3:04.10	217
5 Maruk, S. (U)	3:02.25	191	10 Deby, Sandy (U)	3:05.16	232

TOP 10 MEN ANY CATEGORY

1 Wellington, A. (U)	2:24.24	1	6 Fahy, Eoin, LGRR	2:32.11	6
2 Tamura, R. Tm. Japan	2:27.07	2	7 Pomaizl, V. Bast. R.R	2:32.34	7
3 Whitely, Chris (U)	2:28.07	3	8 Parry, Rick (U)	2:33.15	8
4 Tsukamoto, T. TmJap	2:29.29	4	9 Bjornson, B. LGRR	2:33.57	9
5 Bell, Ken Edm. R.P.	2:30.14	5	10 Scholtens, J. RAF La	2:34.20	10

TOP 10 OPEN WOMEN

1 Teshima, K. T. Japan	2:55.34	114	6 Gleave, Cathy (U)	3:03.49	213
2 Walker, Susanne (U)	2:56.41	131	7 Deby, Sandy (U)	3:05.16	232
3 Fuller, S. Calg. R.R.	3:02.08	184	8 Cislason, G. CalNatLt	3:06.25	253
4 Maruk, Shannon (U)	3:02.25	191	9 Thompsen, M. (U)	3:06.36	254
5 Letinsky, L. Prair. Sky	3:03.48	212	10 Stenseln, L. Pen. Pndr	3:07.11	267

TOP 10 OPEN MEN

1 Wellington, A. (U)	2:24.24	1	6 Fahy, Eoin LGRR	2:32.11	6
2 Tamura, R. Tm. Japan	2:27.07	2	7 Pomaizl, V. Bast. R.C.	2:32.34	7
3 Whitely, Chris (U)	2:28.07	3	8 Parry, Rick (U)	2:33.15	8
4 Tsukamoto, T. TmJap	2:29.29	4	9 Bjornson, B. LGRR	2:33.57	9
5 Bell, Ken Edm. R.R.	2:30.14	5	10 Scholtens, RAF LR	2:34.20	10

TOP WHEELCHAIR ATHLETES

1 Patterson, Scott (U)	2:29.08
2 Marriott, Lenny (U)	2:29.30
3 Beaulieu, Marcel (U)	2:33.47
4 Anderson, Scott	3:46.16

TOP 3 JUNIOR MEN

1 Yan, Junior (U)	2:46.15	50
2 Butler, Paul Calg. RR	2:54.16	92
3 Nelson Jr., John (U)	2:57.00	134

TOP 3 JUNIOR WOMEN

1 Hyde-Lay, Robin (U)	3:07.59	276
2 Taylor, Carrie (U)	3:13.55	377
3 Baicia, Kathleen (U)	3:17.36	444

WINNING REGISTERED CLUB TEAM

Team Japan	20
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1 Tamura, Ryouchachi	2:27.07	2
2 Tsukamoto, Toro	2:29.29	4
3 Shiba, Misato	2:36.47	14

Lions Gate Road Runners	38
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1 Fahy, Eoin	2:32.11	6
2 Bjornson, Barry	2:33.57	9
3 Brownsey, Roger	2:39.28	23

Runners World	
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1 Smith, Jeff	2:38.03	17
2 Withers, Fred	2:41.12	27
3 Shorter, Mark	2:43.06	35

MASTERS WOMEN 35+

1 Kasper, Arlene (U)	3:01.04	176
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FIRST CANADIAN MAN

1 Bell, Ken Edm. R.R.	2:30.14	5
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FIRST CANADIAN WOMAN

1 Walker, Susanne (U)	2:56.41	131
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FIRST B.C. WOMAN

1 Kasper, Arlene (U)	3:01.04	176
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LIONS GATE TROPHY FIRST FINISHER

1 Wellington, A. (U)	2:24.24
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MASTERS' TROPHY

FIRST FINISHER 40+

1 Jongedijk, T. LGRR	2:40.09	26
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TRUELOVE MEMORIAL TROPHY FIRST FINISHER 50+

1 Eddie, Robert (U)	2:53.35	91
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FIRST NOVICE FINISHER

1 Yan, Junior (U)	2:46.15	50
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FIRST WOMAN

FINISHER WOMENS TROPHY

1 Teshima, K. Tm. Jap.	2:55.34	114
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TOP 3 MEN 60+

1 Barrow, Gordon (U)	3:12.30	353
2 Baldry, Stan LGRR	3:12.35	354
3 Hietanen, Sverre VOC	3:12.44	356

TOP 6 MEN 40-49

1 Jungedijk, T. LGRR	2:40.09	26	4 Fenz, Hans LGRR	2:42.51	33
2 Ellis, M. Pr. Inn H.	2:41.43	29	5 Browne, Doug LGRR	2:43.01	34
3 Phillips, Herb Kajaks	2:42.06	30	6 Piper, Scott (U)	2:43.18	37

TOP 6 WOMEN 35-49

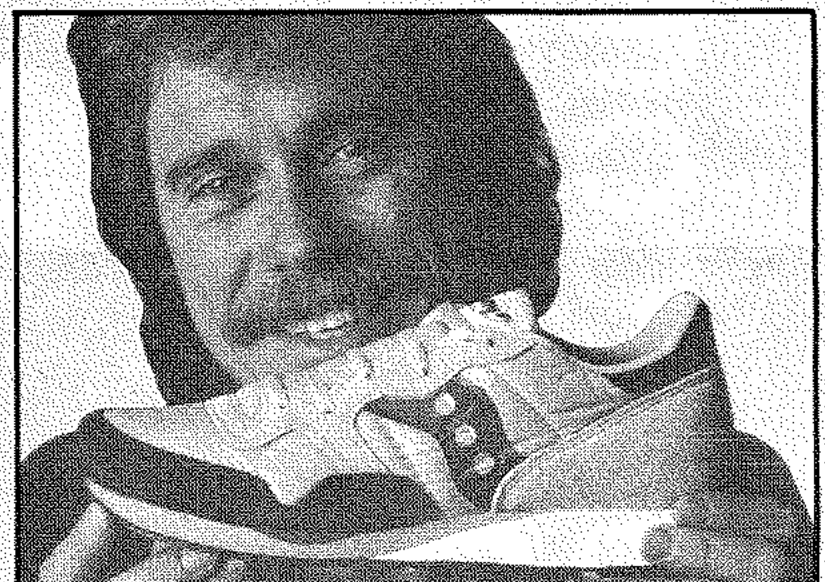
1 Kasper, Arlene (U)	3:01.04	176	4 Krawford, Carole (U)	3:13.51	375
2 Gerl, Sharon (U)	3:02.56	198	5 Landon, Lori (U)	3:14.07	381
3 Strobl, Linda (U)	3:04.10	217	6 Zalkow, Marcy (U)	3:14.53	391

TOP 3 MEN 50-59

1 Eddie, Robert (U)	2:53.35	91
2 Webster, Lary (U)	2:54.58	100
3 Sadgrove, Roy (U)	3:02.25	190

TOP WOMAN 50+

1 Muckle, Heidi Vern. Pc	3:18.44	467
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Rod Dixon wasn't satisfied until we put a mattress, a window and a trampoline in these shoes.

Before Rod Dixon let us put his name on these trainers, he took them for a run. And another. And another. And he came back with a few suggestions.

First, he said, how about an EVA midsole wedge with tiny holes drilled in it. For extra cushioning on impact. We suggested the name Dixon Mattress. He said that would be just fine.

Then, Rod said, how about a feature in the backtab that would relieve nagging tension on your Achilles tendon over long runs. We designed a collapsible backtab, suggested the name Dixon Window, and Rod said that would be just fine.

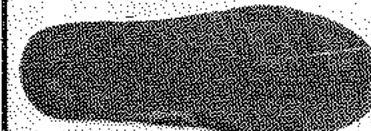
Then, he said, it sure would be nice to build in a trampoline effect that adds spring during the toeing-off phase. Perhaps, he went on, a supersoft protective insert under the metatarsal head coupled with a flatter outsole.

We agreed that would be just fine.

Now, Rod Dixon is a world class runner. A New York Marathon winner. And a tough customer to satisfy.

So when he said our Dixon Trainers were good enough to wear his name—that was good enough for us.

Just one question remains: Are they good enough for you?



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So we advise (even when we have to tell you to spend *less*), we custom fit, we use name brand products we can rely on, and we make sure you're happy.

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